

Unit 3: Movement Exploration

Week 3 – Lesson 3: Happy Feet!

Focus: Movement and object manipulation using your feet.

Ophea Resources:

- [Inquiry-Based Learning in Health and Physical Education Resource Guide](#)
- [Fundamental Movement Skills, Kick \(Strike with your feet\)](#)

Safety Requirements:

[View Ophea Open Class: Let's Get Started! Video](#)

- Space
- Surface
- Obstacles

Learning Goal:

We are learning to explore movement and object manipulation with our feet, demonstrating safety while having fun and success.

Look Fors/Success Criteria:

- I can step forward with a non-kicking foot and plant it beside the ball/object.
- I can swing kicking leg backwards with knee bent, then freely forward from hip with swift follow through.
- I can contact the ball/object with instep or shoelaces just below the centre of the ball/object.
- I can follow through towards the target, using my arms to maintain balance.

Equipment:

- “Look around your home for some of the following materials that will help create the games in this lesson. With your imagination, you can get creative with a variety of ways you can move, while playing games using your feet.”
 - Soft toy
 - Ball
 - Bucket/basket
 - Tape
 - Sidewalk chalk
- “Look around for loose parts in the outdoors. Can you find any of the following items?”
 - Sticks
 - Small rocks
 - Leaves
 - Pinecones

How To Play:

- Here are some examples of games you can play with your feet:
 - Learn the difference between your right and left foot. You can colour code it with tape on the floor (indoors) or sidewalk chalk (outdoors).
 - Make patterns on the floor/ground to create different pathways and patterns for your left/right foot. Find a wall and place a bucket about a metre away from the wall, on its side so that the open side is facing the wall. Attempt to kick the ball towards the wall, at an angle and with the right amount of force so that it bounces off the wall and into the bucket.
 - Hang a variety of objects (e.g., balloons, stuffed toy in a plastic bag, scarves) elevated from the floor/ground. Lie on your back and attempt to touch/strike each object with your foot/feet.
 - Place a ball on top of objects that are at different heights (e.g., deck ring, tissue box, toilet paper roll, paper towel roll). Attempt to kick the ball off of the objects while keeping your balance.
 - Create a tic-tac-toe grid using tape on the floor or rolled up towels (indoor), or using sidewalk chalk or long sticks (outdoor). Find 6-9 objects that can land without rolling (e.g., small stuffed toy, bean bag, small rock). Stand about 2 metres away from the grid and attempt to perform a controlled drop-kick with the object towards the tic-tac-toe grid. The

objective is to have 3 objects land 3 in a row going across/vertical/horizontal.

- Play croquet ball using your foot as an implement to send the object through a DIY gate made out of: two water bottles, legs of a chair, two toilet paper rolls, etc. Try making the gates wide and/or narrow.
- Place 2-3 buckets/hampers/baskets around the playing area. Find a variety of objects you can balance on your foot (e.g., soft stuffed toy, bean bag). Sitting on a chair, attempt to send each object into the bucket.
- Place a variety of objects that you can knock down around the playing area (e.g., empty water bottles, toilet paper/paper towel rolls). Hold a pool noodle/long branch between your feet and attempt to move around the playing area to knock down the objects.

Extensions:

- Don't forget about your toes! Use your toes to pick up small objects (e.g., marbles, clothes pins). Use a locomotion (e.g., hopping, heel walking, shuffling or turning on your behind) to send/drop the object to/on/in a target.
- With a partner, collaborate to have an object, lying on its side on the ground, be placed upright, using only your feet. Increase or decrease the challenge by changing the size, shape and weight of the object.
- Try juggling an object using your feet only. How many consecutive touches can you make while maintaining control? Try with objects of different texture, weight and size.
- Try a game of soccer golf.

Modifications:

- If the learner does not have full range/use of their legs/feet have them hold an object in their hand, and bend over to place it on their foot. In this instance we are focusing on the learner targeting/placing an object at the feet-level.
- If the learner does not have full range/use of their legs/feet, look for a long object around your home such as a broom stick or hockey stick. Have the learner manipulate the object using the implement. Try creating a pathway using tape/side walk chalk, and have the learner move the object along the pathway.

Guiding Questions:

[\(Adapted from Ophea's Inquiry-Based Learning in Health and Physical Education Resource Guide\)](#)

1. Describe the similarities and differences when using your foot/feet to manipulate (e.g., send, move, control) an object, compared to using your arms/hands. (A1.6)
2. Describe how you would physically and mentally approach a challenge in the games in this lesson, while considering safety. (A1.3)
3. How might you complete these statements: "I discovered...", "The best part of this is...", "I need to learn more about..." (A1.5)